

P8576
[NOV 02 2008]

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is really fruits and veggies
less cheese is good choice of food and soy

What I like least about the proposed
changes is na

Thank you for reading my comments.

Sincerely,

Victoria Williams
WIC Participant

10-11-06
Date

P8577
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the ability to buy fruits
& veggies.

What I like least about the proposed
changes is the smaller amount
of juice

Thank you for reading my comments.

Sincerely,

Tate Wright
WIC Participant

10-12-06
Date

P8578

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is More Fresh Fruits and
Whole Wheat Bread.

What I like least about the proposed
changes is less Milk.

Thank you for reading my comments.

Sincerely,

Mary Olney
WIC Participant

10/4/06
Date

P8579

NOV 02 2005

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits & veggies & less juice

What I like least about the proposed
changes is less milk

Thank you for reading my comments.

Sincerely,

Amanda Balok

WIC Participant

10/12/06

Date

P8580
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fresh produce

What I like least about the proposed
changes is no other alternatives for
milk. i.e. rice or almond milk.
It would be nice to have organic options
Thank you for reading my comments.

Sincerely,



WIC Participant

10/11/06

Date

P8581

NOV 02 2005

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is it's healthier & more

What I like least about the proposed
changes is nothing, it's a great change!

Thank you for reading my comments.

Sincerely,

Heather Blu
WIC Participant

10-13-06
Date

P8582
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fresh fruit & vegetables & whole
grains added.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

And Monro
WIC Participant

10/13/06
Date

p8583

NOV 02 2005

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.


Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is soy milk, bread, + Tofu + veggies

What I like least about the proposed
changes is N/A

Thank you for reading my comments.

Sincerely,


WIC Participant

10/19/06
Date

P8584

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is A LARGER VARIETY OF
ITEMS!!! FRUIT / VEGGIES.

What I like least about the proposed
changes is N/A.

Thank you for reading my comments.

Sincerely,



WIC Participant

10.10.06
Date

P8585

NOV 8 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

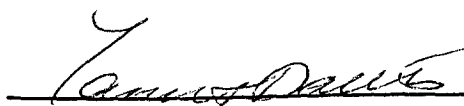
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is The veggies / any store

What I like least about the proposed
changes is eggs / cheese

Thank you for reading my comments.

Sincerely,


WIC Participant

10/10/06
Date

P8586
NOV 08 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the addition of fruits, vegetables, whole
grains.

What I like least about the proposed
changes is the reduction of eggs and cheese.

Thank you for reading my comments.

Sincerely,

Michelle M Caldwell
WIC Participant

10-9-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is There will be fresher
choices for food which are healthier.

What I like least about the proposed
changes is There will be a reduction
in milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

10-08-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is To have more fresh fruit

What I like least about the proposed
changes is cut the amount

Thank you for reading my comments.

Sincerely,

Alma. Figueroa
WIC Participant

9-22-06
Date

P8589

NOV 02 2007

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Soy, tofu, whole grain, tortillas
Brown Rice, Balsamic, Barley, oatmeal, fresh fruits
* more healthful foods available / # veges.

What I like least about the proposed
changes is they haven't been changed
sooner.

Thank you for reading my comments.

Sincerely,

Patricia Clark
WIC Participant

9-20-06
Date

P8590
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the addition of FRUITS
& VEGETABLES AND SOY PRODUCTS.

What I like least about the proposed
changes is I WISH IT COULD INCLUDE
ORGANIC PRODUCTS.

Thank you for reading my comments.

Sincerely,

Elan Morris

WIC Participant

9-12-06

Date

P8591

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Veggies, TOFU +
soy milk.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Doris Ouma
WIC Participant

9/14/06
Date

P8592

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is it will encourage more
parents to buy fruits and veggies.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,

Lifan Ling Lepper
WIC Participant

9/14/06
Date

D8593
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the addition of fruit & vegetables

What I like least about the proposed
changes is nothing

Thank you for reading my comments.

Sincerely,

Jana Riedrich
WIC Participant

9/18/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is healthier foods

What I like least about the proposed
changes is I'm fine with this
change

Thank you for reading my comments.

Sincerely,

Maria Lopez

WIC Participant

9/21/06
Date

P8595
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is it encourages healthier
eating which is very important to me

What I like least about the proposed
changes is N/A

Thank you for reading my comments.

Sincerely,

Rapana
WIC Participant

9-21-06
Date

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is whole grain Bread, tortila

What I like least about the proposed
changes is less milk

Thank you for reading my comments.

Sincerely,

Eita Combs

WIC Participant

9.2.06

Date

P8597
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Breads, fruits and
veggies.

What I like least about the proposed
changes is Nothing.

Thank you for reading my comments.

Sincerely,

Janet Baing
WIC Participant

9/12/06
Date

P8598
NOV 12 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the ability to get fruits, veggies
and ~~any~~ bread or tortillas.

What I like least about the proposed
changes is nothing. I believe changing
it is a good idea.

Thank you for reading my comments.

Sincerely,



WIC Participant

109-06

Date

08599

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is my child's over all
food intake adding these would be
better, and healthier
What I like least about the proposed
changes is _____

Thank you for reading my comments.

Sincerely,


WIC Participant

10-9-06
Date

P8600
NOV 22 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is you can get
fruit and bread.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Shanna Brock
WIC Participant

10-9-06
Date

P8601

NOV 11 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is veggies and fruit are essential
for all growing children and babies,
and women (pregnant and breast feeding).
~~What I like least about the proposed~~ This is a
~~changes is N/A, I love it~~ fantastic
all! idea.

Too much dairy,
Thank you for reading my comments. without
other "ruffage"
Sincerely, isn't healthy. And
don't our children
deserve to be healthy

Gabriella Douglas
WIC Participant
+ Kaycee Douglas

10-6-06
Date

P8602

NOV 12 2008

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the changes are best. I just
like it and I hope WIC will be able to have it.

What I like least about the proposed
changes is None, but I wanted the eggs
to stay the same :)

Thank you for reading my comments.

Sincerely,

Jonette G. Isaac
WIC Participant

10/06/08
Date

P8603

NOV 6 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fresh fruit AND VEGGIES.

What I like least about the proposed
changes is that you ARE OFFERING LESS
EGGS.

Thank you for reading my comments.

Sincerely,

Shadya M. McChamney
WIC Participant

10/06/06
Date

p8604
NOV 23 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is new options that support differences in ethnic
diets.

What I like least about the proposed
changes is less milk?

Thank you for reading my comments.

Sincerely,

Kelly Leon Brown
WIC Participant

9-28-06
Date

P86605

NOV 23 1996

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Fresh fruits and veggies.
Wider variety of foods.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Holany Stevens
WIC Participant

9-28-00
Date

78606
NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that we are going to have a
chance to feed healthier food to our babies

What I like least about the proposed
changes is won't get enough juices

Thank you for reading my comments.

Sincerely,

Blanca Mendoza
WIC Participant

09/29/06
Date

P8607

NOV 02 2000

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is The Tortillas and
rice good Idea.

What I like least about the proposed
changes is I think it's a good
Idea.

Thank you for reading my comments.

Sincerely,

Vidella J. Santos

WIC Participant

9/28/00
Date

78608

NE: 8200

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the addition of fruit

What I like least about the proposed
changes is fewer eggs

Thank you for reading my comments.

Sincerely,

Catherine M. Mena
WIC Participant

9-28-06
Date

P8609
NL

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

It needs to happen, the current options
Thank you for adding fruits and veggies to ^{are} *very*
the WIC checks! I will enjoy choosing fresh, ^{outdated!}
healthier foods for my family.

What I like most about the proposed
changes is the tofu/soy option and
produce!!!.

What I like least about the proposed
changes is I don't see any organic
options!!!.

Thank you for reading my comments.

Sincerely,

Kerra Jessen *Kerra Jessen*

WIC Participant

9-28-06

Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

★ Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the addition of more fruits and
veggies.

What I like least about the proposed
changes is I would like the same amount of
eggs but with the ability to buy them at
different times for the month.

Thank you for reading my comments.

Sincerely,

Sarah Valim
WIC Participant

9/28/06
Date

NOV 6.

pg 611

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

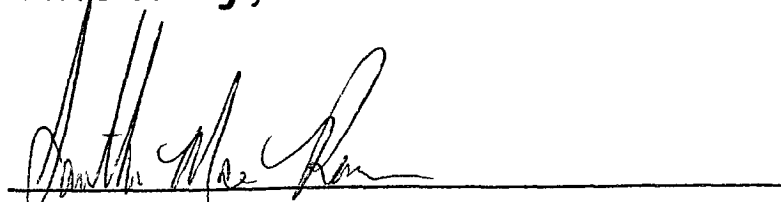
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that i will be eating more
fruits & veggies this way!

What I like least about the proposed
changes is there is nothing not to like
about getting your fruits & veggies.

Thank you for reading my comments.

Sincerely,



WIC Participant

Samantha. Mae. Rogers.

Sept. 28. 06
Date

P8617
NOV 08

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Bread

What I like least about the proposed
changes is nothing

Thank you for reading my comments.

Sincerely,

Tina Willett
WIC Participant

9-28-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more vegs. instead of juice
whole grain cereals & tortillas.

What I like least about the proposed
changes is No organic milk available
_____.

Thank you for reading my comments.

Sincerely,

Guadalupe V Flores
WIC Participant

9/28/02
Date

P8614

NOV 14 2000

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more options of fruits
& veggies.

What I like least about the proposed
changes is _____

Thank you for reading my comments.

Sincerely,

Maryann Chase
WIC Participant

09/28
Date

P8615

NOV 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is That there are choices of fresh veggies
& fruits.

What I like least about the proposed
changes is Nothing. I think this is a wonderful
idea.

Thank you for reading my comments.

Sincerely,


WIC Participant

9/27/06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits and veggies +
whole grain choices.

What I like least about the proposed
changes is nothing.

Thank you for reading my comments.

Sincerely,

Susan Kilby
WIC Participant

9/26/00
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is you get fruit and veggies
tortillas, better cereals.

What I like least about the proposed
changes is nothing at this
point

Thank you for reading my comments.

Sincerely,

Cherie D. Wilson
WIC Participant

9/26/06
Date

88618

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the reduction in eggs, milk and
cheese vouchers.

What I like least about the proposed
changes is that there are not enough
beverage options (i.e beer).

Thank you for reading my comments.

Sincerely,

Robert Villarreal Jr.
WIC Participant

9-21-06
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more food options for
breastfeeding moms.

What I like least about the proposed
changes is there are not organic options
for the foods I like to consume.

Thank you for reading my comments.

Sincerely,

Cheyenne Villarreal
WIC Participant

9/21/06
Date

88620
NOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is money vouchers for fresh fruit.

What I like least about the proposed
changes is limited to a single store.

Thank you for reading my comments.

Sincerely,

Tiffy JH
WIC Participant

9/21/06
Date

p8621

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is It provides me and my
child with a better balanced
nutrition package.

What I like least about the proposed
changes is less cheese and juice.
but I support it's healthier!"

Thank you for reading my comments.

Sincerely,

B. Corrells

WIC Participant

9/25/04
Date

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more fruits & veggies, low-fat milk
products, soy / rice milk products for those w/
allergies to milk, & whole grains, & variety of choice.

What I like least about the proposed
changes is Nothing!
_____.

Thank you for reading my comments.

Sincerely,

Katie Monahan
WIC Participant

9/25/04
Date

78623

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is More fruits and veggies less juice
and fat content and more variety.

What I like least about the proposed
changes is _____.

Thank you for reading my comments.

Sincerely,

Monica Martinez
WIC Participant

9/25/06
Date

P8624

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is addition of fruits and
veggies and the option of soy milk.

What I like least about the proposed
changes is the decrease in juice
_____.

Thank you for reading my comments.

Sincerely,

Lynna Venable / Starla Hedrick 9/25/00
WIC Participant Date

78625
NOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is SOY products & veggies

What I like least about the proposed
changes is less cereal

Thank you for reading my comments.

Sincerely,

Sheena Hobbs
WIC Participant

10-3-06
Date

08624

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that we can switch regular
milk to soy milk. My son is allergic to dairy.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Heather Wright
WIC Participant

9/21/06
Date

P8627

NOV 02 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is adding whole grains
& vegetables.

What I like least about the proposed
changes is nothing I think
the change is a good thing.
less juice & milk
Thank you for reading my comments.

Sincerely,

John Parker
WIC Participant

9-22-06
Date

pg 628

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is veggies / Fruits / Grains
& not as much milk.

What I like least about the proposed
changes is NA

Thank you for reading my comments.

Sincerely,

Jennifer Kay Kendall
WIC Participant

9/20
Date

P8629
NOV 6 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more variety, healthier
& better for digestion to eat fresh
fruits & veggies.

What I like least about the proposed
changes is fresh fruit & veggies can
go bad faster than juices if not
eaten in a timely manner.
Thank you for reading my comments.

Sincerely,

Im Vance
WIC Participant

9/22/06
Date

78630

NOV 1 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is the fruit and vegetables.

What I like least about the proposed
changes is the lessened amount of milk
and eggs.

Thank you for reading my comments.

Sincerely,

Wanda Brackley
WIC Participant

9/14/06
Date

pg 631

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that I able to buy fresh
fruits.

What I like least about the proposed
changes is that I have to get the
exact amount.

Thank you for reading my comments.

Sincerely,

Yang Xiong
WIC Participant

9-14-06
Date

P8632

NOV 15 2006

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is more veggies and add
soy milk for those kids that are
allergic to milk.

What I like least about the proposed
changes is there's not enough like rice
bread.

Thank you for reading my comments.

Sincerely,

Junifer Silva
WIC Participant

9-15-06
Date

78633

NOV 04

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

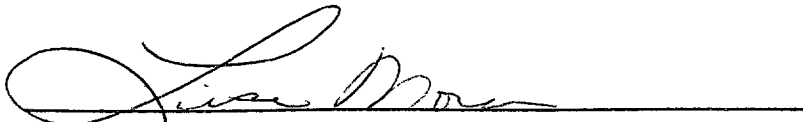
Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is that we'll be able to get
more variety of food such as the whole
bread, vegetables, and more.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,


WIC Participant

9/15/04
Date

78634

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is fruits veggies & breads

What I like least about the proposed
changes is less milk

Thank you for reading my comments.

Sincerely,



WIC Participant

9-15-06
Date

P8635

NOV

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Soy Milk rather than Regular Milk,
fruits + vegetables.

What I like least about the proposed
changes is _____
_____.

Thank you for reading my comments.

Sincerely,

Arin White
WIC Participant

9/15/06
Date

P8636

NO

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is THIS IS A BETTER WAY TO GET
EVERYTHING WE NEED FOR OUR KIDS.

What I like least about the proposed
changes is Nothing we need the change
_____.

Thank you for reading my comments.

Sincerely,

Priscilla Remas

WIC Participant

9/18/06

Date

88637

Nov 11

Dear Friends at US Department of
Agriculture,

I am writing to tell you what I think about the
proposal to change WIC foods.

Thank you for adding fruits and veggies to
the WIC checks! I will enjoy choosing fresh,
healthier foods for my family.

What I like most about the proposed
changes is Dairy intolerant Kid's can
have a choice of soymilk. My son
is disabled and can only drink soymilk.

What I like least about the proposed
changes is n/a

Thank you for reading my comments.

Sincerely,

Kim Coulon
WIC Participant

9/18/06
Date

P8638

OCT 31 2005

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits and veggies been added
Also the whole grains.

What I like least about the proposed changes is

The less milk we'll be receiving

Thank you for reading my comments.

Sincerely,

Jacquelyn Flores
WIC Participant

Riverside County, California

OCT 31 2006

78639

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

More whole grains and beans

What I like least about the proposed changes is

Less juice and less eggs

Thank you for reading my comments.

Sincerely,

Monica Mendez

WIC Participant

Riverside County, California

OCT 21 2006

98640

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

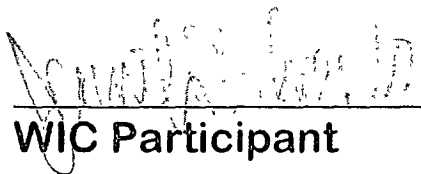
The vegetables and fruit that will be added.

What I like least about the proposed changes is

Less milk and cereal.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8641

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

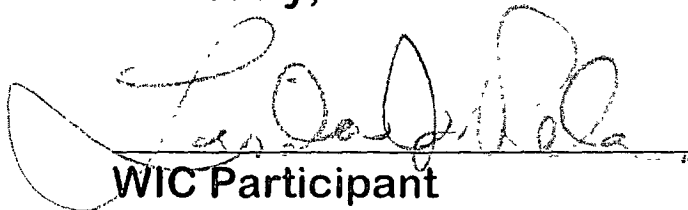
adding fresh fruits & Grains

What I like least about the proposed changes is

Nothing, i think these changes will be good for everyone

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 11 2008

P8642

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

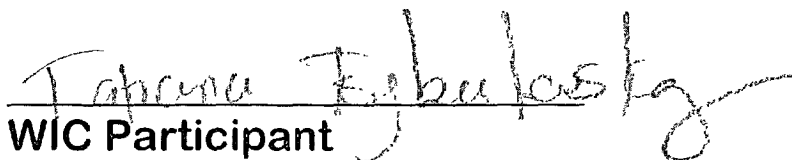
the fruits & vegetables and the variety offered

What I like least about the proposed changes is

less milk less eggs

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 3 1 2006
Dear Friends at US Department of Agriculture,

p8643

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the most reduced fat,
fruits and vegetables.

What I like least about the proposed changes is

I think this is good. So I
do not have least about the
proposed changes.

Thank you for reading my comments.

Sincerely, Edith Alvarez

WIC Participant

Riverside County, California

OCT 31 2008

P8644

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fruits and veggies

What I like least about the proposed changes is

The decrease in the amount of milk

Thank you for reading my comments.

Sincerely,

Alana Barrett

WIC Participant

Riverside County, California

OCT 31 2006

P8645

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of the fruits and veggies.

What I like least about the proposed changes is

The amount given is too low \$6.00 is not enough
to purchase much of fruits or veggies.

Thank you for reading my comments.

Sincerely,

Jessie O'Quinn
WIC Participant

Riverside County, California

OCT 31 2006

78646

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits and vegetables, the bread ~~and~~ ^{foods}

it's a good idea to get those things for your self and kids and it's a lot more variety.

What I like least about the proposed changes is

~~and~~ take away the milk.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8647

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

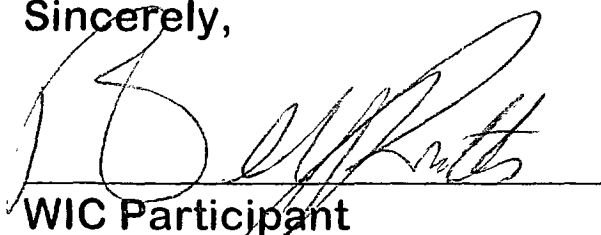
adding fruits and vegetables to the program as well as adding the whole grains to the program.

What I like least about the proposed changes is

taking away part of the milk and the eggs and a pound of cheese.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

P8648

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that you are adding fruits & veggies as well as adding whole grains which will give our family more variety of things to choose from.

What I like least about the proposed changes is

_____.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8649

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.


What I like most about the proposed changes is

In having fruits and vegetables
as a healthy food.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8650

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruit & vegetables and more

whole grains

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

Brandi L. Jones
WIC Participant

Riverside County, California

OCT 31 2006

pg 651

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

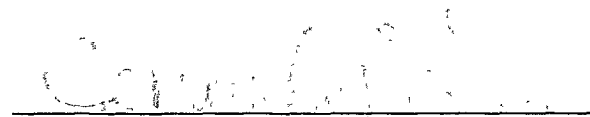
adding fruits and vegetables to the WIC checks. I like that I can choose fresh produce for my family.

What I like least about the proposed changes is

nothing. I like all the changes.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 01 2006

OCT 01 2006

P8652

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


That we are getting fruit and veggie
and more bread

What I like least about the proposed changes is

That we are not getting more
milk

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8653

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Fruit and vegetables because I
think is more healthy for the
kids.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Cynthia de Luna
WIC Participant

Riverside County, California

OCT 31 2006

P8654

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like it that we are going to have
fruits and vegetables more
Variety.

What I like least about the proposed changes is

Less milk and cheese and
no whole milk.

Thank you for reading my comments.

Sincerely,

Karla Valenzuela
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8655

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that you want to adding oranges & fruits
and to - less

What I like least about the proposed changes is

the less those 3 eggs

Thank you for reading my comments.

Sincerely,

Sandra Gonzalez

WIC Participant

Riverside County, California

OCT 8 1 2006

P8656

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

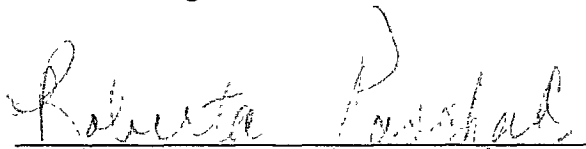
What I like most about the proposed changes is

that I like that the proposal has good
changes to the WIC checks.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8657

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

~~too~~ introducing new products that are used in daily nutrition by most, like vegies, + soy products

What I like least about the proposed changes is

would like to see soy products for Infant toddlers stages for milk, for lactose intolerant children. Especially for those who already have soy formula, it seems pointless to give cows milk to these special needs children.

Thank you for reading my comments.

Sincerely,

Christina @ Aguilar
WIC Participant

Riverside County, California

OCT 31 2006

P8658

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits and ~~vegetables~~

Juices

What I like least about the proposed changes is

that you don't get like something different

tortillas I think that's good and vegetables

too because is healthier

Thank you for reading my comments.

Sincerely,

Raquel Marcelo

WIC Participant

Riverside County, California

OCT 31 2006

P8659

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Fruit, bread, tortillas

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Mario S. Dalgado

WIC Participant

Riverside County, California

OCT 21 2006

P8660

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*That you have added fruits
& veggies to this program.*

What I like least about the proposed changes is

*that's there ~~less~~ milk especially
when we have a big family.*

Thank you for reading my comments.

Sincerely,

Jani L. White
WIC Participant

Riverside County, California

OCT 31 2006

PG 661

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

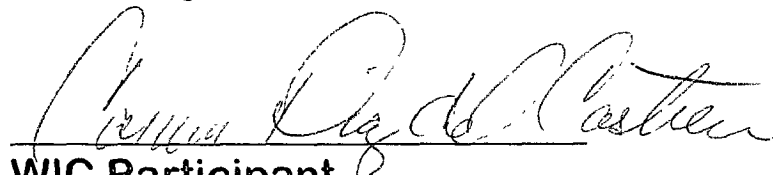
Healthier food. I like the fresh fruit & Vegetables
and whole grain Idea.

What I like least about the proposed changes is

less Milk & Juices

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8662

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

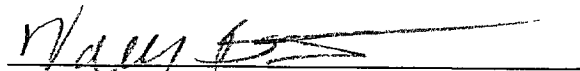
The different kinds of healthy foods

What I like least about the proposed changes is

The Seafood.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8663

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that there is more variety to choose from.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Mary Jones - Mom of 4
WIC Participant

Riverside County, California

OCT 31 2006

P8664

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Less Junk - more fruits & Veggies.

What I like least about the proposed changes is

Everything is good & it's a
good idea.

Thank you for reading my comments.

Sincerely,

Juliana Patterson / Yellow Stone
WIC Participant

Riverside County, California

P8665

OCT 21 2006
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

More fruits and veggies are a good source.
More whole grain breads are good.

What I like least about the proposed changes is

the reduced of juices

Thank you for reading my comments.

Sincerely,

Vivian Mejia
WIC Participant

Riverside County, California

OCT 31 2006

P86666

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

THAT THEY ARE CONSIDERING ADDING MORE FRUITS

& VEGETABLES. I THINK IT WOULD HELP US

RAISE OUR TO BE MORE HEALTH CONSCIOUS. AND
HELP THEM EAT HEALTHIER FOODS.

What I like least about the proposed changes is

I LIKE LEAST ABOUT THE PROPOSED CHANGES IS

THE DECREASE IN THE MILK

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8667

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Fruit and Veggies are added

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,

Paulina Nolasco

WIC Participant

Riverside County, California

P8668

SEP 21 2005
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

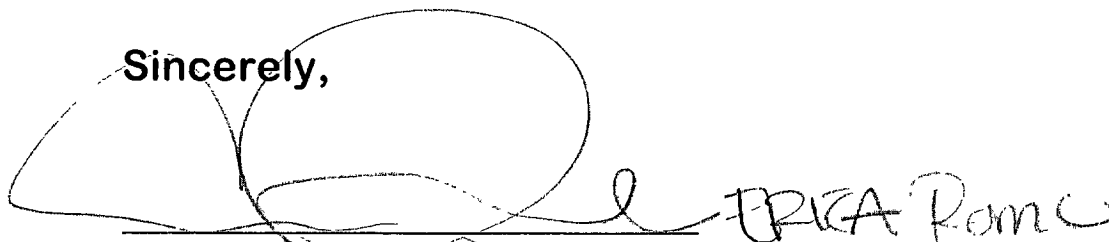
MORE CHOICES OF FRUITS & Veg,
more-kinda and the choice of
Beans, canned or not

What I like least about the proposed changes is

taking away whole milk, and the
amount of juice

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

P8669

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Better choices of healthy foods, tofu, and
Soy beverage. Also \$8 worth of vegetables.

What I like least about the proposed changes is

to add a few more whole grains

Thank you for reading my comments.

Sincerely,

Audrey Williams
WIC Participant

Riverside County, California

OCT 31 2006

P8670

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

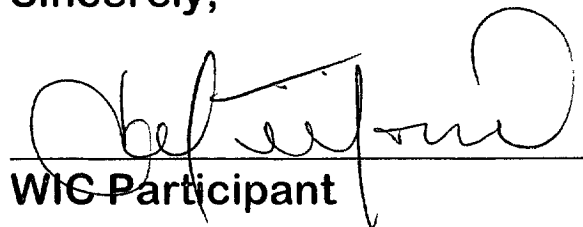
We get more whole grains and fruits +
vegetables also the tofu will be
a great addition to our meal.

What I like least about the proposed changes is

I like everything.

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

C
P8671

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

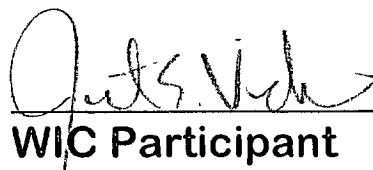
The Fruit & Vegetable /

What I like least about the proposed changes is

The less amounts of liquids & Milk that are given to us.

Thank you for reading my comments.

Sincerely,

 Vidairre
WIC Participant

Riverside County, California

OCT 31 2006

P/c

Dear Friends at US Department of Agriculture,

P8672

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I Like it because the fruit & vegetables
are better for the kids more healthy.

What I like least about the proposed changes is

theres gona be less Juice

Thank you for reading my comments.

Sincerely,

Laura Romero
WIC Participant

Riverside County, California

C
OCT 31 2006

P8673

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the cheddar cheese, the fruits,
& the whole grain cereals

What I like least about the proposed changes is

nothing everything sounds good.

Thank you for reading my comments.

Sincerely,

Janice Royo
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

C
P8674

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I Like that I have the ~~same~~ choice to get
more of what my baby likes

What I like least about the proposed changes is

I will not be getting more milk that
she will need

Thank you for reading my comments.

Sincerely,

Gloria Fregoso
WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P
P8675

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

What I like most about the proposed

change is that it is definitely alot healthier

I been wanting to eat healthier for a long time,

I think this would be sort of a gift to do so!

What I like least about the proposed changes is

what I like least about the proposed

changes is if choice the quantity decrease,

I noticed in the proposal goes in for us

would get less food, but maybe its well worth it.

Thank you for reading my comments.

Sincerely,

Khalilah Muhammad

WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

P8676

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

getting Fruits & veggies

What I like least about the proposed changes is

I love, Cheese. But I don't like getting more
cheese. I don't like getting more cheese.

Thank you for reading my comments.

Sincerely,

Sharon Garcia

WIC Participant

Riverside County, California

OCT 31 2006

P8677

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

getting to choose Fruits & veggies
with checks in sted of having
to wait untill @ farmers market a few

What I like least about the proposed changes is

I love cheese so it kinda sucks
that we will be getting less.

Thank you for reading my comments.

Sincerely,

Erika Slater

WIC Participant

Riverside County, California

OCT 31 2006

P8678

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

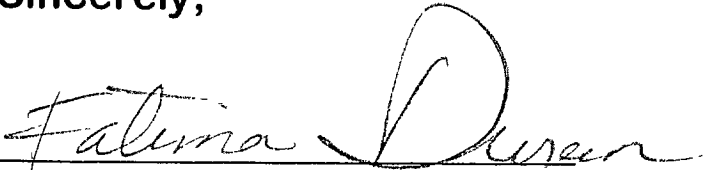
not having to go to one specific
store

What I like least about the proposed changes is

nothing everything seems
reasonable

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8679

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

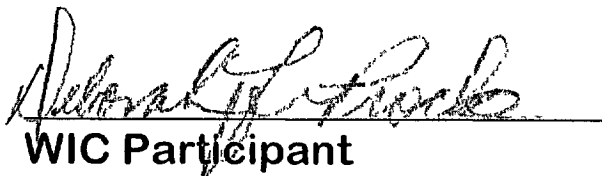
there are more fruits & vegetables, less sugar and less fat. Children will be exposed to more food varieties.

What I like least about the proposed changes is

None

Thank you for reading my comments.

Sincerely,


WIC Participant

Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The addition of fruits, bread, and
tortillas. Great idea!

What I like least about the proposed changes is

that the cereal has to be just
"whole grain".

Thank you for reading my comments.

Sincerely,

Vanessa Zapata
WIC Participant

Riverside County, California

DOT 3.1 2006
Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That you are offering more whole grain

What I like least about the proposed changes is

IS the proposed 2-5 year olds having 2% or less fat milk. I feel whole milk should be a option still.

Thank you for reading my comments.

Sincerely,

Ruth Maza
WIC Participant

Riverside County, California

OCT 31 2006

P8682

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is


that their healthy for my family. ~~add~~

What I like least about the proposed changes is

that theirs less milk and juice

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8683

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Very good because it provides
healthier stuff.

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Crystal Norwood
WIC Participant

Riverside County, California

OCT 31 2006

P8684

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

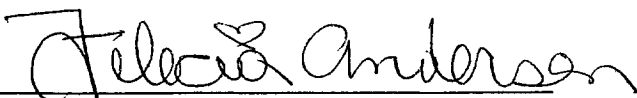
Fresh Fruits & Veggies. Choice of
Whole grains Substitutes for
milk (Tofu, etc - - -)

What I like least about the proposed changes is

Less milk, juice & eggs :)

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

P8685

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits/vegetables

What I like least about the proposed changes is

only one set of eggs.

Thank you for reading my comments.

Sincerely,

Alejandra Oatoy
WIC Participant

Riverside County, California